

Abstract

Title: Case of study of physiotherapy care of the patient after surgery of intervertebral disc in the lumbar spine

Objective: Summarisation of theoretical findings and case report of the patient after surgery of intervertebral disc at L5-S1 segment.

Summary: The thesis consists of two parts. The general part includes anatomical and biomechanical description of the spine with an emphasis on the lumbosacral area. Then there is brought closer pathophysiology of prolapse of intervertebral disc and the ways of its evaluation. A special section is dedicated to the case study and rehabilitation plan for the patient. Therapy aims to reduce pain, improve muscle strength and increased mobility of the patient. Case of study was elaborated during practice from 05. 01. to 30. 01. 2015 in ambulatory part of rehabilitation department in the Oblastní nemocnice Kladno a.s.

Keywords: intervertebral disc, case of study, neurology, prolapse, spinal surgery